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Street Tough, Hard-Core, Anything Goes Street Fighting Fundamentals

Phil Giles

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Street Tough, Hard-Core, Anything Goes Street Fighting Fundamentals Phil Giles
In this book, Phil Giles provides full-throttle instruction in how to prevail in a street or bar fight, from the proper combat mind-set to the first stand-up blows to when the fight gets down and dirty on the ground. This is some of the most aggressive self-defense training you are ever likely to receive, including the best ways to close with an opponent to smother his attack, how to slam someone up against a wall and really go to work on him, and vicious ground fighting tactics that will make an opponent instantly realize that he made a very bad mistake when he decided to assault you. A series of intense training drills performed at full power and full speed sets the Street Tough program apart from all other self-defense regimens.

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